

BUILD A STEADY PRACTICE

Twelve supported poses for mobility, balance, strength and recovery.

A BALANCED 12-MINUTE FLOW

Hold 3-5 breaths. Move with control.

One pose per card | Repeat as desired

1 Supported Low Lunge
HIP-FLEXOR OPENER



Stack the front knee over the ankle. Rest both hands on blocks and lengthen through the spine.

3-5 BREATHS

2 Half Split
HAMSTRING STRETCH



Shift the hips back and straighten the front leg comfortably. Use both blocks to keep the chest lifted.

3-5 BREATHS

3 Triangle Pose
SIDE-BODY LENGTH



Place the lower hand on a block. Keep both sides of the waist long and open the chest gently.

3-5 BREATHS

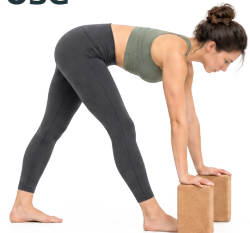
4 Revolved Triangle
SUPPORTED TWIST



Use a block beside the front foot. Lengthen forward before rotating; keep the hips steady.

3-5 BREATHS

5 Pyramid Pose
BACK-LEG STRETCH



Square the hips forward and hinge from the hip creases. Bring the floor closer with two blocks.

3-5 BREATHS

6 Forward Fold
GENTLE RELEASE



Soften the knees as needed. Press lightly into the blocks and let the head and neck relax.

3-5 BREATHS

7 Downward Dog
SHOULDER + SPINE



Place one block beneath each hand. Lift the hips and lengthen the spine without locking the elbows.

3-5 BREATHS

8 Supported Bridge
RESTORATIVE OPENER



Support the sacrum - not the low back - on the block's broad face. Keep both feet grounded.

30-60 SEC

9 Supported Fish
CHEST OPENER



Support the upper back and head at comfortable heights. Keep the neck relaxed and breathing easy.

30-60 SEC

10 Child's Pose
REST + RESET



Bring the forehead to a block and reach the arms forward. Add padding under the knees if helpful.

30-60 SEC

11 Seated Forward Fold
POSTERIOR STRETCH



Hinge forward with a long spine. Rest the hands on blocks and avoid forcing the reach.

3-5 BREATHS

12 Boat Block Press
CORE STABILITY



Balance behind the sitting bones with the chest lifted. Press the block gently between the palms.

3 x 20 SEC

CARE

Wipe with a dry or slightly damp cloth. Air dry fully. Avoid soaking, harsh cleaners, prolonged moisture and high heat.

MOVE SAFELY

Use on a stable, non-slip surface. Choose the lowest useful height. Never stand on blocks. Stop for pain, dizziness or unusual discomfort.

AI-GENERATED ILLUSTRATIONS